

Mason City Family YMCA Newsletter December 2025



"The heart of a volunteer is not measured in size, but by the depth of the commitment to make a difference in the lives of others." DeAnn Hollis

The Mason City Family YMCA would like to offer a sincere thank you to all of the incredible volunteers that help keep the facility going.

The past few months have been very busy with the Treasure Cove Gala, Operational Assessment, working to update equipment, filling in as class instructors, putting together new brochure racks, coaching...

At times, as a volunteer you may question the extent of the impact that your time and efforts have had. Please, always remember that what you are doing is making a huge difference to the Mason City Family YMCA. We see you, we value you, and we appreciate you!

REMINDER:

The Mason City Family YMCA membership rate change of \$6 per month will take effect January 1st, 2026.



Don't Stress Over the Holidays

1

Accept Imperfection

As we prepare for the holidays, we may tend to set our expectations too high. Always keep in mind, things may not always go as planned and give yourself grace.

2

Focused on the Important Things

The holidays can become hectic. When overwhelmed by the hustle and bustle, ask yourself:

Where does this fit in the bigger picture of life?

Make yourself and your fitness a priority to get through the stress.

3

Respond With Kindness

You can't change how others act during the stresses of the holiday season, but you can change how you respond. Take a deep breath and remember the reason for the season.

Did You Know?

The Mason City Family YMCA is in the process of becoming certified as a Praesidium Safe Organization. The Praesidium Safety Equation® is a framework of eight organizational operations that allows an organization to identify where abuse could occur. Using current research and root cause analyses of abuse, Praesidium helps identify best practices in each operation and develop solutions to help organizations implement these practices.

Quote of the Month:
"The hardest part is over.
You showed up." —Jess Sims

Visit Our Tree!

Special thanks to our generous donor! The Mason City Family YMCA has decorated a tree for all to enjoy at the Music Man Square. Not only does this tree benefit a wonderful organization in our community, it also offers a holly jolly spirit during the season and promotes the YMCA.

Have You Noticed?

The Mason City Family YMCA continues working to give the facility a facelift. Painting doors, touching up paint and updating tired pieces on equipment. We continue to strive toward a facility to be proud of, where everyone can grow in mind, body and spirit. Thank you to the dedicated staff for all of their hard work.

Welcome New Staff!

Carla Miller - Operations Director
Ricky Enere - Janitorial
Tad Boelman - Lifeguard
Shelby Mattern - Lifeguard
Sienna Weiland - Lifeguard
Jim Miles - Building Supervisor
Aeden Nobbs - Fitness Floor
Attendant
Gage Koch - Child Watch
Ayden Bahr - Youth Counselor



Meet our CEO



Tammy Hertzel has been employed as Director/CEO with the Mason City Family YMCA 3 ½ years, with a background as a certified accountant for 25 years.

Tammy is married to Paul Hertzel and together they have 3 amazing daughters as well as their granddaughter Ella.

Tammy enjoys spending time with friends and family, playing pickleball, kayaking, reading and enjoying the beauty around us.

What aspects of the Mason City Family YMCA makes you proud to work here?

The way we support members, the community, and our own team. Leading an organization that strengthens people emotionally, physically, and through connection is a priveledge.

What is the best piece of advice you have ever received?
Be Kind



Help Wanted

The Mason City Family YMCA

is seeking daytime lifeguards.

If you or someone you know would be interested in joining our Y Staff, please contact Matt Anderegg at 641-450-0932 or apply online at indeed.com

Rock Solid for Tomorrow

The Mason City Family YMCA is beginning its annual Capital Campaign – Rock Solid for Tomorrow.

Each year, it takes nearly \$2 million to operate the Y—to keep our doors open, our pools warm, and our programs accessible to all. That big number represents all the good we do together. This year, our Rock Solid for Tomorrow campaign focuses on raising \$250,000, our community's share of that total—investments that keep the Y healthy, stable, and ready to serve for generations to come.

When you give to the Y, you're not just keeping lights on—you're building stability today that creates opportunity for tomorrow. You're shaping the future of North Iowa.

Please join us today in keeping the Mason City Family YMCA Rock Solid for Tomorrow. Your gift will ensure that children, families, and neighbors continue to find belonging, strength, and joy—now and for generations to come.

*The YMCA is closed Dec. 24 25 for Christmas
and closes at 5pm Dec. 31 is closed Jan. 1

DECEMBER THERAPY POOL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:00-8:00am Open Swim	5:00-8:00am Open Swim	5:00-8:00am Open Swim	5:00-9:00am Open Swim	5:00-8:00am Open Swim
8:00-9:00am Rusty Hinges Joan Curtis	8:00-9:00am Rusty Hinges Bonni Fritz	8:00-9:00am Rusty Hinges Joan Curtis		8:00-9:00am Rusty Hinges Bonni Fritz
9:00-10:00am Rusty Hinges Joan Curtis		9:00-10:00am Rusty Hinges Joan Curtis		
10:00am-12:00pm Open Swim	9:00am-12:00pm Hospital Therapy Use Only	10:00am-12:00pm Open Swim	9:00am-12:00pm Hospital Therapy Use Only	9:00am-1:00pm Hospital Therapy Use Only
	12:00-1:00pm Rusty Hinges Jacque Petersen		12:00-1:00pm Rusty Hinges Jacque Petersen	
12:00-5:00pm Hospital Therapy Use Only	1:00-4:45pm Open Swim	12:00-5:00PM Hospital Therapy Use Only	1:00-4:45PM Open Swim	
5:00-6:00pm Rusty Hinges Joaquin Jones/Diane Carlson	4:45-5:45pm Rusty Hinges Patricia Martin	5:00-6:00pm Rusty Hinges Joaquin Jones/Diane Carlson	4:45-5:45pm Rusty Hinges Patricia Martin	1:00-8:30pm Open Swim
6:00-8:30pm Open Swim	5:45-8:30pm Open Swim	6:00-8:30pm Open Swim	5:45-8:30pm Open Swim	
SATURDAY			SUNDAY	
7:00-9:00AM Open Swim			11:00am-1:00pm ADULT ONLY	
9:00AM-11:15AM Swim Lessons				
11:15AM-4:30PM Open Swim			1:00-5:30PM Open Swim	

Parents with young children are welcome to use the Therapy Pool shallow end during class times.

Pool Schedule is subject to change due to program needs

****NO OPEN RECREATIONAL SWIMMING DURING SHADED TIMES****

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and closes at 5pm Dec. 31 is closed Jan. 1

DECEMBER LAP POOL SCHEDULE

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY			
5:00-7:30am	Open Lap Swim 6 Lanes	5:00-7:30am	Open Lap Swim 6 Lanes	5:00-7:30am	Open Lap Swim 6 Lanes	5:00-7:30am	Open Lap Swim 6 Lanes	5:00-7:30am	Open Lap Swim 6 Lanes		
8:00-8:45am	Aqua toning (3) Mary Ann Ray	8:00am-10:00am Open Rec Swim 3 Lap Lanes		8:00-8:45am	Aqua toning (3) Mary Ann Ray	8:00am-10:00am Open Rec Swim 3 Lap Lanes		8:00-8:45am	Aqua toning (3) Mary Ann Ray		
9:00-9:45am	Wet-N-Wild (3) Bev McGowen			9:00-9:45am	Wet-N-Wild (3) Bev McGowen			9:00-9:45am	Wet-N-Wild (2) Bev McGowen		
9:45-10:30am	Wet-N-Wild (3) Bev McGowen			9:45-10:30am	Wet-N-Wild (3) Bev McGowen			9:45-10:30am	Wet-N-Wild (3) Bev McGowen		
		10:00-11:00am	Gentle Beginnings (3) Matt Anderegg			10:00-11:00am	Gentle Beginnings (3) Matt Anderegg				
10:30am-2:00pm	Open Rec Swim 3 Lap Lanes	11:00am-1:30pm	Open Rec Swim 3 Lap Lanes	10:30am-1:00pm	Open Rec Swim 3 Lap Lanes	11:00am-1:30pm	Open Rec Swim 3 Lap Lanes	10:30am-2:00pm	Open Rec Swim 3 Lap Lanes		
2:00-3:30pm	Aqua Aerobics (3) Jacque Petersen	1:30-5:15pm Open Rec Swim 3 Lap Lanes		1:00-2:30pm	Aqua Aerobics (3) Jacque Petersen	1:30-5:15pm Open Rec Swim 3 Lap Lanes		2:00-3:30pm	Aqua Aerobics (3) Jacque Petersen		
3:30-8:30pm	Open Rec Swim (3)			2:30-5:15pm	Open Rec Swim (3)			3:30-8:30pm	Open Rec Swim (3)		
	5:15-6:15pm			Wet-N Wild (3) Diane Walrod	5:15-6:15pm					Wet-N Wild (3) Diane Walrod	
	6:00-7:00pm	Aqua Athlete Taylor May	6:15-8:30pm	Open Rec Swim (3)	6:15-8:30pm	Open Rec Swim 3 Lap Lanes					
SATURDAY				SUNDAY							
7:00-10:00am Open Lap Swim 6 Lanes				11:00am-1:00pm ADULT ONLY HOURS							
10:00-11:00am Open Rec Swim 3 Lap Lanes				1:00-5:30pm Open Rec Swim 3 Lap Lanes							
11:15-12:00pm Swim Lessons (3)											
12:00-1:10 Swim Club (2)											
12:00-4:30pm Open Rec Swim 3 Lap Lanes											

The number in parenthesis is the available open lap lanes **Pool Schedule is subject to change due to program needs**

NO OPEN RECREATIONAL SWIMMING DURING SHADED TIMES

December Group Exercise Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:15 - 5:45am Kettlebell *med Jenn Hummel		5:15 - 5:45am Kettlebell *med Jenn Hummel		5:15 - 5:45am Kettlebell *med Jenn Hummel
5:15- 6:15am Bootcamp *high Mackenzie Burtness		5:15- 6:15am Bootcamp *high Mackenzie Burtness		5:15- 6:15am Bootcamp *high Mackenzie Burtness
5:45- 6:30am Cycling *all Jenn Hummel	7-7:45am Essential Movements*all Mackenzie Burtness	5:45- 6:30am Cycling *all Jenn Hummel	7-7:45am Essential Movements*all Mackenzie Burtness	5:45- 6:30am Cycling *all Jenn Hummel
	7:30- 8:30am Beginner Hatha Yoga*all Nora Hardy		7:45am- 8:15am Mobility *all Mackenzie Burtness	
7:45- 8:15am Total Stretch *all Mackenzie Burtness	8:30- 9:15am Pilates *all Carol Keenan			6:30- 7:30am 5K Fridays Joey Ringo
8:30- 9:00am Core Builders *med Keri Mixdorf	9:30- 10:15am H.I.I.T *all Carol Keenan	8:30- 9:00am Interval Cycling *all Keri Mixdorf	9:00- 9:45am Pilates *all Carol Keenan	8:30- 9:30am Full Throttle *high Billie Esser
			9:00- 10:00am Low and Slow Yoga *all Karen Regal	
9:15- 10:15am Circuit Cycling *high Keri Mixdorf	9:00- 10:00am Low and Slow Yoga *all Karen Regal	9:15- 10:15am Lift It *med Keri Mixdorf		
12:00- 1:00pm Learn to Lift *all Mackenzie Burtness	10:30- 11:15am Tai Chi *low Glen Hepker	10:30- 11:15am Tai Chi *low Glen Hepker	9:55- 10:30am Tabata *all Carol Keenan	10:30- 11:15am Tai Chi *low Glen Hepker
4:30- 5:30pm Fitness4Kids* All Taylor May	4:30- 5:30pm Cycling *all Judy DeRock	12:00- 1:00pm Learn to Lift *all Mackenzie Burtness	4:30- 5:30pm Cycling *all Judy DeRock	12:00- 1:00pm Learn to Lift *all Mackenzie Burtness
5:30- 6:30pm Bootcamp *high Kyra N. /Cassy A.	5:30- 6:30pm Body Sculpt *all Judy DeRock	5:30- 6:30pm Bootcamp *high Kyra N./Dale G.	5:30- 6:30pm Body Sculpt*all Judy DeRock	
6:30- 7:30pm Somatic Yoga *all Miranda Jones	6:30- 7:30pm ZUMBA *all Tracy Melhus		6:30- 7:30pm Somatic Yoga*all Miranda Jones	
6:45- 7:45pm Taekwondo *all Mrs. Eckler/Mr. Franklin			6:45- 7:45pm Taekwondo *all Mrs. Eckler/Mr. Franklin	
SATURDAY 9:15-10:15amSaturdaySweat *high		SUNDAY Line dancing2ndand4th sunday *		

Group Exercise Room A Cycling Room Pool
Group Exercise Room B Gym Court 3

*Intensity level
all = good for all activity levels

Class Descriptions

BEGINNER HATHA YOGA: T 7:30 - 8:30AM

Beginner Yoga includes most yoga styles. Specific asanas (yoga posture) and pranayama (breathing exercises), help bring peace to the mind and body.

Body Sculpt: T / TH 5:30 -6:15pm Free weights, resistance bands and body movement provide a full body workout. **Boot Camp AM: M / W / F 5:15 -6:15am**

Boot Camp PM: M / W / F 5:30-6:30pm

Overall cardio, muscular strength, and endurance is improved with the use of weights, jump ropes, running, timers and other forms of circuit training.

Circuit Cycling: M 9:15 -10:15am

Circuitsof cycling at varying speeds & resistance levels along with using light weights on the bike and heavier weights off the bike.

COREBUILDERS: M 8:30 -9:00AM

Focusing on strengtheningyourcore,increasing overall muscle strength, balance and posture.

CYCLING: M/W/F 5:45-6:30AM

OR T/TH 4:30-5:30PM

Mix up your cycling routine with low impact/high intensity workout, great for any fitness level.

ESSENTIALMOVEMENTS: T /TH 6:15-6:45AM

Warm up essential muscle groups to help advance to future classes. Focusing on balance work, stability, and stretching/flexibility.

FULLTHROTTLE: F 8:30 -9:30AM

A high intensityand challenging workout incorporating a mix of cardio, strength training, and agility exercises.

5KFRIDAYS: FRIDAY 6:30 -7:30AM

Joinus for a relaxed, supportive group walk, run, or bike ride. Itis norequired tocomplete the full3miles, just come out, get moving, and enjoy the company!

TaeKwonDo*all

Heather Eckler & Kole Franklin

M/TH: 6:45pm-7:45pm

Members: \$15/month

Program members: \$50/month

HIIT: T 9:45 -10:30AM

A type of workout that consists of short periods of intense exercise that gets your heart rate up quickly between intervals of less intense exercise or rest.

INTERVALCYCLING: W 8:30 -9:00AM

Fast-paced cycling class that consists of timed intervalsof basic cycling maneuvers.

KETTLEBELL:M / W / F 5:15 -5:45AM

Total bodyworkoutbuildingmusclestrengthand cardiovascular conditioning.

Learn to Lift: M/W/F12:00pm -1:00pm

Taught byaYMCAPersonalTraineroverthethnoonhour, you will Learn lifts that work each muscle group.

LIFTIT: W 9:15 -10:15AM

Total body lifting, focuses on all main muscle groups while incorporating secondary muscles.

LOWANDSLOWYOGA: T/TH 9:00-10:00AM

Enjoy classic Yoga flows, series of poses, and meditation. Great for all ages and activity levels.

MOBILITY: TH8:15-8:45AM

All about flexibility, core strength and increasing range of motion.

TABATA: THURSDAY9:55 -10:30AM

Tabata isform of high-intensity interval training that alternate bursts of maximum effort with brief recovery periods. This approach maximizes calorie burn and boosts bothaerobic andanaerobicfitness!

Fitness 4 Kids: M 4:00-5:00PM

A Class formulated to help teach children starting Middle School and older how to properly lift, and to find fun in lifting! All AgesWelcome!

SOMATICYOGA:M / TH 6:30-7:30PM

A theraputicblend of somatics and classic asana woven artfully together to nourish self-awareentess, reset neuromuscular pathways and gain freedom in functional movement.

TAICHI: T / W / F 10:30 -11:15AM

Ancient form of Chinese exercise uses relaxed movements to develop a sense of balance and harmony between mind and body.

Members: \$20 Program Members: \$35

ZUMBA: TUESDAY 6:30 -7:30PM

Funandhigh energyintervaldanceworkoutclass.

It involves choreographed latin-inspired movements to upbeat music.

LINEDANCING: SUNDAY1:30-2:30PM

Choreographed dance in which a group of people dance along to a repeating sequence of steps while arranged in one or more lines or rows. Funfor the whole family!

PILATES: T: 8:30 -9:15AM

Full body workout that creates long, lean muscles witha strong core while learning the technique behind Pilates.

TOTALSTRETCH: M 7:45 -8:15AM

Experiencedynamicstretching; including fascia fitness, resistance stretching, mobility and balance.

Registration:Members -September 22nd

Program Members-September23rd

Program Members:

Once a week classes-\$15

Twice a week classes-\$25

Three times a week classes-\$35

REGISTER ONLINE @
www.masoncityymca.org

Or Call us @ 641-422-5999

Payment due at time of registration.



Sunday, December 21
Registration closes
Dec 14th

WORLD BASKETBALL DAY



DID YOU KNOW?

Basketball was
invented by James
Naismith in 1891
at a YMCA in
Massachusetts!



Join us at the YMCA for a 1v.
1 basketball tournament and
3-point contest in celebration
of World Basketball Day!

- » 1 v 1 tournament
- » Starts at 1 PM
- » For ages 2nd grade -
adult (18+)
- » Prizes for every
division winner!
- » 3-point contest
- » Free food while
supplies last
- » \$10 Y Members
- » \$20 Non-members



MASON CITY FAMILY YMCA

641-422-5999 | 1840 S Monroe Ave